

INNPAN HUIHDIK NAWGKAI NATAWH KISAI KIKEP ZIA DING NAM 10

NC

TEDIM CHIN

Cisa, khuh or huihdik haksatna naneih aleh, Sia vuan te phone sam in. Siavuan ten inn pan bangci kikep ding cih hong gen thei ding uhi. Anuai a deihsak nate na zui in:

1. Hihteng a pianma, innah na om in:

- Natna apian dingzia kilatnate ni 10 a phak khit ciang **AND**
- Ni 3 sungin Cisa zatui zanglo pi in Cisa aom kei leh **AND**
- Natna kilah khatna te a hong hoihzawk aleh



6. Na khuh or hehchiai ciang in lainel tawh na kam hum inla, na man ciangin tissue paaipah in.



2. Natna limleh kilah khatnate hoih tak in encik in. Natna ah kilahna te a suzawk aleh manlang takin na Siahuan te phone sam pahin.



7. Na khut khutsopna (satpiang/soap) leh tui tawh silzelzel inla, atawm second 20 sungbang sil hamtang in.



3. TawInga inla tui tampipi dawn in



8. Midangte tawh a kigamla thei penin om in.

- Khantuam ah om inla
- Ksilna tuibuk tuamzat in.
- Na gei ah mi aom leh Muktuam zang hamtang in.



4. Siavuan te kiang napaima in, phone sam khol inla COVID-19 nei ingh or nei a naki up mawhlam thei sak masa in.



9. Neeklehawn Vanzat a kipan a tuamtuum te Midang tawh zangkhawm kei in.



5. Thupha mawh a om leh, 911 sam in. Phone na sap ciangin COVID-19 nei ingh or nei a naki up mawhlam thei sak.



10. Na lawnkhak, na sukkhak, na nisim vanzatte nisim in siangtho sak in.



NC Department of Health and Human Services – www.ncdhhs.gov/covid19

Call 211 or go to nc211.org to find other resources.

